

Fresh Fruit and Vegetable Program

FRUIT & VEGETABLE STORAGE & PREP GUIDE

June 8



SUMMER SQUASH

Store:

- Store in the fridge for up to 1 week but use within 2-3 days for best quality.
- Wash just before using.

Prepare:

- Sauté it: cut squash into half-moon slices. Cook with oil on medium-high heat, stirring until tender. Add it to pasta sauce, salad, or pizza.



FIGS

Store:

- Use them immediately or store in a plastic bag on the top shelf of the fridge for up to 2 days.

Prepare:

- Raw: Eat on their own or add to yogurt or cereal.
- Grill: Split in half and grill until warmed through. Serve with vanilla ice cream!



cut or tear along the dotted line

Fresh Fruit and Vegetable Program

FRUIT & VEGETABLE ACTIVITY SHEET

June 8

DID YOU KNOW?

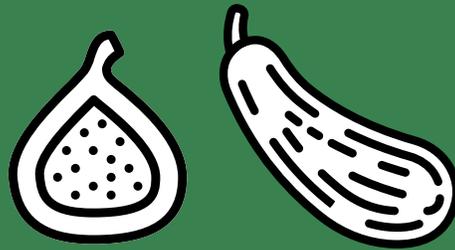


Similar to the eggplant, summer squash contains seeds and grows on the flowering part of the plant, so it is technically a fruit!



Figs are technically inverted flowers that store their pollen inside the fruits.

COLOR CORNER



For more fresh fruit & vegetable activities, visit dcps.dc.gov/page/ffvp-nutrition-education or scan this code with your phone's camera:

